

Abstract

Training of young athletes. The effect of athletic training on a sportsman's personality.

Objectives: The main objectives of this work was analysed effect of athletic training in the athletic group from athletic club TJ Jäkl Karviná during their sport's developement. We researched what athletic training have effects on a personality of sportsman and how is structured group by sociometry investigation. Further we evaluated training, tests and functions of training system in these group.

Methods: In our work we used empirical methods of pedagogical research. We investigated position of athletes in these group within questionnaire and sociometry test. For analysis we used all accessible training notations, tests and videorecordings.

Results: We came to a conclusion that expertly guideed training has positive influence on the personality development of sportsman and his incorporation to the society. Controlled and planned training contributed to better sports performance and showed up like as positive for stimulation of condition, health state and universal development of human.

Keywords: athletic training, sports group, sociometry, control of sport training, group profile, education of athletes